



# Sulphur Springs Pool

713 E. Bird Street (813) 931-2156  
Tampa.net/pools

## Winter—Spring 2022 January 2—May 28

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Lap Swim	X	X	9:30am-1:30pm	9:30am-1:30pm	9:30am-1:30pm	9:30am-11:30am	9:30am-1:00pm
Open Swim	12:00pm-5:00pm	X	1:30pm-5:30pm	1:30pm-5:30pm	1:30pm-5:30pm	2:30-5:30pm	1:00pm-5:00pm
Feature Area (Ages 8 & under)	X	X	9:30am-1:30pm	9:30am-1:30pm	9:30am-1:30pm	9:30-11:30am	9:30am-1:00pm
Parent/Child Aquatics (Ages 6 mos.—3)	X	X	10:00-10:30am	X	10:00-10:30am	X	X
Parent/Child Aquatics (Ages 6 mos.—3)	X	X	X	10:00-10:30am	X	10:00-10:30am	X
Parent/Child Aquatics (Ages 6 mos.—3)	X	X	X	X	X	X	10:00-10:30am
Preschool Aquatics (Ages 3—5)	X	X	10:30-11:00am	X	10:30-11:00am	X	X
Preschool Aquatics (Ages 3—5)	X	X	X	10:30-11:00am	X	10:30-11:00am	X
Preschool Aquatics (Ages 3—5)	X	X	4:30-5:00pm	X	4:30-5:00pm	X	X
Preschool Aquatics (Ages 3—5)	X	X	X	4:30-5:00pm	X	4:30-5:00pm	X
Preschool Aquatics (Ages 3—5)	X	X	X	X	X	X	10:45-11:15am
Learn to Swim (Ages 6 & up)	X	X	5:00-5:30pm	X	5:00-5:30pm	X	X
Learn to Swim (Ages 6 & up)	X	X		5:00-5:30pm	X	5:00-5:30pm	X
Learn to Swim (Ages 6 & up)	X	X	X	X	X	X	11:30am-12:00pm
Adult Swim Lessons	X	X	X	X	X	X	12:15-12:45pm
Aqua Exercise (Ages 18 & up)	X	X	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	10:30-11:30am	X

### Winter/Spring 2022 Holiday Hours

Sat. Jan. 1: CLOSED  
 Mon. Jan 17: CLOSED  
 Fri. April 15: CLOSED  
 Mon. May 30: OPEN 12:00-5:00pm

### Swim Lesson Session Dates (8 Lessons)

#### Weekday Classes:

Session I: Weeks of 1/2-1/29  
 Session III: Weeks of 3/6-4/2  
 Session V: Weeks of 5/1-5/28

Session II: Weeks of 2/6-3/5  
 Session IV: Weeks of 4/3-4/29

#### Saturday Classes:

Session I: 2/12-4/2

Session II: 4/9-5/28

## AMERICAN RED CROSS LIFEGUARD COURSE

*Reduced Rates for City of Tampa  
Summer Lifeguards—Ask us how!*



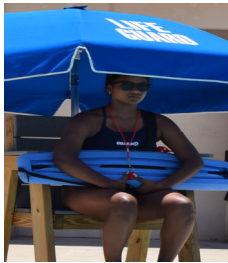
Must be at least 15 years old and pass a swimming skills pretest. Pretest includes a 300yd swim continuously using breast stroke or front crawl with rhythmic breathing; swim 20 yards, retrieve a 10 pound object from the bottom of the deep end, and return to the starting point and exit the pool within 1 minute 40 seconds; tread water only using their legs for 2 minutes. **Class Fee: \$100**

Day	Dates	Time	Location	Phone
Sat	Feb 5,12,19,26	9am-5pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave	348-2080
Sat/Sun	Feb 12,13,19,20	8am-4pm	<b>Roy Jenkins Pool</b> , 154 Columbia Dr.	250-3355
Sat/Sun	March 5,6,12,13	9am-5pm	<b>Sulphur Springs Pool</b> , 713 E. Bird St.	931-2156
Sat	March 12,19,26, April 2	8am-4pm	<b>Cyrus Greene Pool</b> , 2101 E. MLK Blvd.	242-5305
Sat/Sun	March 26,27, April 2,3	8am-4pm	<b>Bobby Hicks Pool</b> , 4120 W. Mango Ave.	832-1217
Sat/Sun	April 2,3,9,10	9am-5pm	<b>Sulphur Springs Pool</b> , 713 E. Bird St.	931-2156
M-Th	April 4 - 14	9am-5pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat	April 16,23,30, May 7	9am-5pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat/Sun	April 30, May 1,7,8	8am-4pm	<b>Bobby Hicks Pool</b> , 4120 W. Mango Ave.	832-1217

## LIFEGUARD REVIEW CLASS

The course is a certification re-newel for American Red Cross Lifeguarding. You must possess a current ARC Lifeguarding certificate to attend. Class Fee: \$50

Day	Dates	Time	Location	Phone
Sat	Jan 22 & 29	10am-3pm	<b>Bobby Hicks Pool</b> , 4120 W. Mango Ave.	832-1217
Sat	Feb 19&26	9am-2pm	<b>Cyrus Greene Pool</b> , 2101 E. MLK Blvd.	242-5305
Sat	March 5&12	9am-2pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat	March 19&26	9am-2pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat	April 16 & 23	10am-3pm	<b>Roy Jenkins Pool</b> , 154 Columbia Dr.	250-3355
Sat/Sun	April 23&24	9am-2pm	<b>Sulphur Springs Pool</b> , 713 E. Bird St.	931-2156



# Be A Lifeguard this Summer!

Attend one of our Rookie Schools for your swim test and job interview.  
Visit our website at [tampa.gov/pools](http://tampa.gov/pools) for specific dates/times/locations or contact the Aquatic Office at 813-274-7732.

**PARENT/CHILD AQUATICS: Ages 6 months to 3 years.** This program familiarizes young children to the water and prepares them to learn to swim. Parents are given safety information and taught techniques to help orient their children to the water and direction regarding how to supervise water activities. This is a great bonding experience with wonderful lifelong memories. **Class fee: Current Rec Card and \$24 per session (8 lessons)**

**PRESCHOOL AQUATICS: Ages 3 to 5 years.** This program promotes the developmentally appropriate learning of fundamental water safety and aquatic skills for young children. Skills include aquatic and water safety with water entry/exit, breath control and submerging, buoyancy, changing direction and position, treading, swim on front and back, and water safety. **Class Fee: Current Rec Card and \$24 per session (8 lessons)**

**LEARN TO SWIM: Ages 6 and up.** The Learn to Swim program teaches aquatic and personal water safety skills in a logical progression. With six levels of progression, participants build on their basic skills to learn various propulsive movements on the front, back, and side. As the levels increase, stroke refinement and endurance increase. **Class Fee: Current Rec Card and \$24 per session (8 lessons)**

**ADULT SWIM LESSONS: Ages 18 and up.** Learn to swim or improve your strokes. We will work with you at your own pace and according to your swim level and goals. **Class Fee: Current Rec Card and \$24 per session (8 lessons)**

**LAP SWIM: Ages 18 and up or by special permission.** A Rec Card and Seasonal Swim Pass or Daily Drop-In Fee are required. Lap lanes are reserved for lap swim or aqua jogging. Shared lanes and circle swim may be required depending on participant volume. Individuals under 18 should speak with the pool staff about permission to use the lanes.

**OPEN SWIM:** Enjoy the pool and all it's amenities. Proper swim attire is required. **All participants must have a current Rec Card or pay the daily drop in fee. Children under 8 years old must be accompanied by an adult in the water and out.** All swimmers under 18 years old will be swim tested and given the appropriate wrist band to signify shallow or deep swim ability. All floatation devices must be Coast Guard approved. Life vests are available for use upon request.

**AQUA EXERCISE: Ages 18 and up.** Take the jolt out of your aerobic workout with this program in waist deep water. Use the water as resistance and work your arms, legs, and even your core without the stress on muscle, bones, tendons, and ligaments. **Class Fee: Current Rec Card**

**AQUA STRETCH & TONE: Ages 18 and up.** Low impact and low intensity. This class will increase your range of motion, flexibility and help relieve stress. All in the water.

**NOVICE SWIM CLUB: Ages 5-15.** Must be able to swim 25 yards unassisted. Children will improve their swim strokes and get a grass roots experience in the world of competitive swimming. Competitions occur summer season only. **Class Fee: Current Rec Card**